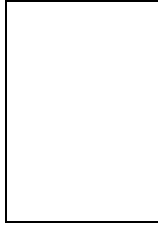


# **DIET AND NUTRITIONAL ADVICE/GUIDELINES**

**We Change People's Lives through Fitness**

# If you're serious about losing weight, it's time for the truth.



Have you sworn off all carbohydrates? Have you eaten only cabbage soup for weeks on end? Have you filled up on protein until you couldn't stand the very thought of a cheeseburger? Have any of these diets worked?

The experts agree: in the long run diets don't work. If you're ready to get off the diet treadmill once and for all and commit yourself to sensible, lifelong weight control then here it is.

## **TRUTHS:**

### **Your body will resist permanent weight loss.**

Your body's biology undoubtedly fights against weight loss every day and refuses you partial credit for sincere but moderate efforts. Undoubtedly, the most common advice you've ever heard about losing weight is "Everything in moderation". (Don't lose weight too fast, and don't exercise too much – you'll hurt yourself) These ideas seem plausible; however weight control doesn't follow logical, sensible middle-of-the-road game plan. Your biology is simply too tough for such a *moderate* approach. Only highly intensive and consistent efforts at weight control really work. As much as it may be tough to lose weight and keep it off, it can be tougher to live life an overweight person.

### **Biology is not destiny.**

Genetics alone certainly do not determine weight. Your family and environment are also huge factors in weight control. Beyond genetics, overweight people have many more fat cells that encourage them to maintain higher weight. Once *fat cells* develop, they never disappear. Overweight people can have four times more than never-overweight leaner peers. Unfortunately, excess fat cells promote very efficient storage of excess food as fat. It's time to accept the fact that the biology of excess weight is a real and powerful force in your life. Very low-fat, low-calorie eating and very frequent exercising are necessary to overcome the biology of obesity. This makes the challenge of weight control one of the most difficult challenges a person can face.

### **Weight control is a manageable athletic challenge.**

Diets are extreme measures. Going on them does not help you create a consistent weight controller's lifestyle, which should include very low-fat eating and daily exercising. The multibillion dollar weight loss industry encourages you to lose weight without fully committing to this challenge. Weight control is a major athletic challenge. When you succeed as a weight controller, you deserve the same credit and admiration that we give to successful athletes. If you do not succeed, you deserve sympathy or at least acceptance. This is the best attitude to take toward yourself.

### **You will experience the three stages to success: Honeymoon, Frustration and Acceptance.**

**Honeymoon:** weight controllers at this stage express delight and a sense of genuine satisfaction. They carefully observe themselves by keeping records of their eating and exercising, and they also talk about health, weight control and related topics.

**Frustration:** People often think about going back to their old ways of eating and exercising. They seem to long for their old days. They compare themselves to people who are not overweight. This is a "Why me?" stage. Weight controllers at this stage become less careful about their eating and exercising and not monitor as well.

**Acceptance:** they experience a peaceful sense of resolve about weight control. They feel comfortable with a clear direction for handling their challenging biology. During this stage, they view exercise as either enjoyable or at least acceptable, no longer seeing it as drudgery but as something that can help them.

### **You can eat very little fat and learn how to keep your hunger quiet.**

You can eat 20 grams of fat or less and keep those savage little beasts known as fat cells, which make their presence known to your appetite at rest. In order to avoid eating fat, you need to know how to measure the amount of fat in your diet. One way to calculate the fat is to determine the percentage of the total calories you consume that come from fat. To calculate the percentage of your calories that come from fat, first you must know the total number of calories you consume for a particular day. Then you will want to determine the number of fat grams you consumes. Each gram of fat contains 9 calories.

***Number of fat grams X number of calories per gram (9) = calories from fat.***

***Percent of calories consumed from fat = calories from fat divided by total calories.***

### Example

**Chicken salad sandwich (no fat mayonnaise on light wheat bread) with an apple and diet coke.**

Total Calories – 325

Total Fat – 5g

(Calculations)

$$5 \times 9 = 45$$

$$45/325 = 14\%$$

### **McDonald's Big Mac Meal**

Total calories – 1,150

Total Fat – 56g

$$56 \times 9 = 504$$

$$504/1,150 = 44\%$$

If you want to lose weight, you must consume very low percentages of fat each day. Aim for 20 grams of fat per day. Living with a very low fat eating plan presents many challenges – there are so many temptations!

### **Here below are some low-fat eating tips.**

- Snacks: air-popped popcorn, fruit, pretzels and rice cakes
- Learn to love spicy food
- Salsa on everything
- Pasta, pasta and more pasta
- Low fat tomato sauces – on everything!
- Fish
- Baked potatoes (dry) with cottage cheese
- Low fat soups
- Avoid adding oil to marinades
- Use yoghurt, skimmed milk instead of cream.
- Substitute 2 egg whites for one whole egg.

Avoid all sugary foods. Make them 'alien' foods.

### **ALMOST NEVER EAT:**

- Fried food
- Desserts other than fruit or low fat alternatives
- High fat lunch meats
- Candy
- High fat cookies
- Cheese (other than non or low fat)
- High fat ice cream

**If you maintain a written record of your eating and exercising, you can manage the program successfully.**

Self monitoring is the careful observation and recording of behavior that you wish to change. For weight controllers, self monitoring involves observing and recording eating and exercising behaviors. Experts believe that self monitoring is the single most important aspect of affective weight control. Studies have shown that those who record at least 75% of their eating and exercise patterns are more successful than those who don't.

**Exercise every day is the way.**

- Frequency of exercise
- Intensity of exercise
- Duration of exercise
- Mode of exercise
- Strength training

**Frequency:** it's important to exercise everyday – this can vary from walking to jogging to swimming. If you become accustomed to exercise you will lose more weight and maintain that weight loss more effectively.

**Intensity:** refers to how hard your body works during a certain length of time. More intensive exercise means that your body works harder during the duration of the exercise. Intensity varies depending on your level of conditioning or fitness.

**Duration:** Many people have difficulty maintaining aerobic activity for 30-60 minutes. If this is you then start at 15. Two 15-minute sessions of exercise produce about the same benefits as one 30-minute session.

**You can manage stress without overeating or under exercising.**

Some situations require more stress inoculation than others. Coping with these high-risk situations successfully can help maintain momentum and prevent serious lapses. To identify which situations pose problems for you, read the following list of high-risk situations

- Getting home from work
- Friday night after work
- Watching TV
- Watching a movie in the cinema
- Studying or reading at night
- Eating at your family's home
- Eating meals during special holidays ( Christmas)
- Being around someone who is encouraging you to eat high fat food
- Being in a bar – drinking alcoholic drinks
- Wanting to eat something when only high-calorie food is available
- Seeing or smelling problematic foods
- Picnics
- Being at a party

- Eating in a favourite restaurant
- Attending business functions where food and drink are in abundance ('all you can eat' buffets)
- During coffee breaks
- When someone brings cookies/cakes into meetings
- Being alone or feeling lonely
- Lunches with clients
- When you feel depressed
- When you feel frustrated or angry
- When you feel stressed
- When you are happy/relaxed
- After you have stuck to your diet and feel like rewarding yourself
- When you have not stuck to your diet and feel like you have failed
- When you are hungry
- When you crave something

### **Coping Responses:**

- Leave the situation
- Call or talk to someone
- Think about the reasons why you want to lose weight
- Exercise
- Distract yourself
- Make lunch and bring it with you
- Eat low calorie snacks
- Drink a lot of water or low calorie sodas
- Reward yourself in other ways (clothes shopping – notice you've dropped a dress size!)
- Keep your home supplied with appropriate food
- Keep a food diary!
- Wait half an hour until cravings pass (if you're still hungry then eat – listen to your body especially if you are exercising a lot)
- Meet family/friends outside of the home so you have control over what you eat
- Have soup before business functions
- Become involved in after work activities

All the information gathered here has been research from Daniel Kirschenbaum, PHD 'Truths about Weight Loss'. Daniel is a professor of psychiatry and behavioural sciences at North-western University Medical School. He also directs the Centre for Behavioural Medicine in Chicago. Daniel has been a consultant to corporations, including Weight Watchers and to the US Olympic team and his programme is enthusiastically endorsed by the American Council of Exercise (A.C.E).

## Meat, Poultry, Fish

## Calories

Bacon	3 strips	100
Bacon, Canadian	2 ounces	155
Bluefish	4 ounces	130
Bologna	2 ounces	165
Chicken breast	3 ounce filet	140
Chicken breast, battered	4.9 ounces	365
Chicken leg	1.6 ounces	75
Chicken leg, battered	2.5 ounces	195
Chicken liver	4 ounces	185
Chicken pot pie	4 ounces	350
Chicken salad	1.9 ounces	90
Clams	6	100
Cod fish cakes	4 ounces	185
Corned beef	4 ounces	250
Crab meat	4 ounces	100
Duck, roast	4 ounces	190
Filet mignon	4 ounces	250
Frankfurter	1 regular	180
Ground beef	4 ounces	320
Ham, Virginia	4 ounces	300
Lamb chop	1	385
Leg of lamb	4 ounces	217
Liver, broiled	4 ounces	290
Lobster meat	4 ounces	111
Pork chop	1	275
Pork sausage	1 ounce	130
Roast beef	4 ounces	198
Salami	1 ounce	120
Salmon, baked	3 ounces	140
Salmon, smoked	3 ounces	150
Scallops	4 ounces	140
Shrimp	3 ounces	100
Sirloin steak	4 ounces	229
Spareribs	6	505
Tuna, in oil	3 ounces	165
Tuna, in water	3 ounces	135
Tuna salad	1.9 ounces	80
Turkey, dark meat	4 ounces	320

Turkey, white meat	4 ounces	200
Veal chop	1	260

Dairy, Eggs

Cal.

Cheese, cheddar	1 ounce	120
Cheese cottage	4 ounces	110
Cheese, cottage, skim	4 ounces	90
Cheese, cream	1 ounce	100
Cheese, feta	1 ounce	75
Cheese, process	1 ounce	100
Cheese, ricotta	1 cup	430
Cheese, ricotta, skim	1 cup	340
Cheese, Swiss	1 ounce	105
Cream, coffee	1 tablespoon	29
Cream, half & half	1 tablespoon	20
Cream, heavywhip	1 tablespoon	26
Cream, lightwhip	1 tablespoon	22
Cream, sour	1 tablespoon	25
Egg	1 large	80
Egg white	1 large	15
Egg yolk	1 large	65
Milk, buttermilk	1 cup	100
Milk, skim	1 cup	85
Milk, whole	1 cup	150
Omelet, cheese	2 eggs	260
Yogurt, fruit-flavor	1 cup	230
Yogurt, low-fat	1 cup	127
Yogurt, whole	1 cup	140

**Legumes, Nuts**

**Calories**

Almonds, shelled	1 cup	795
Beans, lima	1 cup	260
Beans, navy	1 cup	225
Beans, kidney	1 cup	230
Brazil nut, shelled	1 ounce	185
Cashews, raw	.25 cup	196
Chestnuts, shelled	1 cup	350
Chickpeas	1 cup	270

Coconut, shelled	2" x 2" x .5"	160
Coconut, dried	1 cup	410
Filberts, shelled	1 ounce	180
Lentils	1 cup	215
Macadamias	1 ounce	196
Peanuts, shelled	1 ounce	160
Peanut butter	1 tablespoon	95
Peas, raw	.5 cup	58
Pecans, halves	1 ounce	190
Pine nuts	1 ounce	160
Pistachios, shelled	1 ounce	165
Pumpkin seeds	1 ounce	155
Sesame seeds, hulled	1 tablespoon	45
Sesame butter	1 tablespoon	95
Soybeans	1 cup	235
Sprouts, mung	4 ounces	36
Sprouts, soybean	4 ounces	40
Sprouts, alfalfa	4 ounces	32
Sunflower seeds	1 ounces	160
Tofu, raw	.5 cup	94
Walnut pieces	1 ounce	180

Cereals, Grains

Cal.

Bagel	1 medium	165
Barley	4 ounces	390
Biscuit	1 medium	90
Bran flakes	1 cup	105
Bread crumbs	1 cup	340
Bread, French	1 slice	70
Bread, Italian	1 slice	70
Bread, pita	1	80
Bread, pumpernickel	1 slice	70
Bread, rye	1 slice	50
Bread, whole wheat	1 slice	60
Bread, white	1 slice	70
Corn flakes	1 cup	100
Corn grits	1 cup	125
Croutons	6	35
Farina	1 cup	100

French toast	1 slice	130
Granola	1 cup	225
Melba toast	1 slice	30
Muffin, bran	1 medium	150
Muffin, corn	1 medium	130
Muffin, English	1	150
Oatmeal, cooked	1 cup	150
Pancake	4"	60
Pasta, cooked	1 cup	190
Popcorn	1 cup	55
Rice cake	1	35
Rice, white, cooked	.5 cup	100
Rice, brown	.5 cup	110
Rice, wild	.5 cup	85
Roll, hamburger	1	120
Roll, hot dog	1	160
Roll, onion	1	130
Wheat, cream of	.5 cup	65
Wheat germ	.5 cup	220

**Fats, Dressings**

**Calories**

Butter, regular	1 tablespoon	102
Butter, whipped	1 tablespoon	65
Catsup	1 tablespoon	15
Dressing, 1000 Island	1 tablespoon	80
Dressing, French	1 tablespoon	65
Dressing, Italian	1 tablespoon	50
Dressing, low-calorie	1 tablespoon	15
Hollandaise sauce	1 cup	240
Margarine, regular	1 tablespoon	102
Margarine, whipped	1 tablespoon	68
Mayonnaise	1 tablespoon	100
Mustard	1 teaspoon	5
Vegetable shortening	1 tablespoon	110
Vegetable oil	1 tablespoon	120

Mixed Dishes

Cal.

Beef chop suey	1 cup	300
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Cheeseburger	1 medium	300
Cheeseburger, 1/4 lb.	1	525
Chili con carne	1 cup	340
Egg muffin sandwich	1 medium	280
Fish filet sandwich	1 medium	370
Hamburger	1 medium	245
Hamburger, 1/4 lb.	1	445
Pasta & meatballs	1 cup	330
Pizza, cheese	1/8 of 15" pie	290
Quiche Lorraine	1/8 of 8" dish	600
Roast beef sandwich	1 medium	345
Soup, chicken noodle	1 cup	75
Soup, clam chowder	1 cup	165
Soup, cream of tomato	1 cup	160
Soup, vegetable beef	1 cup	80
Taco	1 medium	183

Sweets, Desserts

Cal.

Cake, angel food	1/12	140
Cake, cheese	1/8	250
Cake, chocolate	1/8	270
Cake, strawberry short	1/14	270
Candy, chocolate	1 ounce	145
Cookie, chocolate chip	1	60
Donut, plain	1	190
Ice cream, vanilla	1/2 cup	150
Ice milk	1/2 cup	95
Frozen yogurt	1/2 cup	105
Jam	1 tablespoon	55
Pie, fruit-filled	1/8 regular	300
Pie, lemon meringue	1/8 regular	275
Pie, pecan	1/8 regular	430
Pudding, chocolate	1/2 cup	200
Pudding, custard	1 cup	305
Sugar	1 tablespoon	45
Syrup, chocolate	1 tablespoon	47
Syrup, corn/maple	1 tablespoon	60

Beverages

Cal.

Beer	12 ounces	160
Cola	12 ounces	144
Cocoa	8 ounces	250
Coffee, black	6 ounces	4
Ginger ale	12 ounces	115
Tea, black	8 ounces	1
Tomato juice	6 ounces	35
Wine, dry	4 ounces	100
Wine, sweet	4 ounces	160

Meat, Poultry, Fish

**Calories**

Bacon	3 strips	100
Bacon, Canadian	2 ounces	155
Bluefish	4 ounces	130
Bologna	2 ounces	165
Chicken breast	3 ounce filet	140
Chicken breast, battered	4.9 ounces	365
Chicken leg	1.6 ounces	75
Chicken leg, battered	2.5 ounces	195
Chicken liver	4 ounces	185
Chicken pot pie	4 ounces	350
Chicken salad	1.9 ounces	90
Clams	6	100
Cod fish cakes	4 ounces	185
Corned beef	4 ounces	250
Crab meat	4 ounces	100
Duck, roast	4 ounces	190
Filet mignon	4 ounces	250
Frankfurter	1 regular	180
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Pork sausage	1 ounce	130
Roast beef	4 ounces	198
Salami	1 ounce	120

Salmon, baked	3 ounces	140
Salmon, smoked	3 ounces	150
Scallops	4 ounces	140
Shrimp	3 ounces	100
Sirloin steak	4 ounces	229
Spareribs	6	505
Tuna, in oil	3 ounces	165
Tuna, in water	3 ounces	135
Tuna salad	1.9 ounces	80
Turkey, dark meat	4 ounces	320
Turkey, white meat	4 ounces	200
Veal chop	1	260

Dairy, Eggs

Cal.

Cheese, cheddar	1 ounce	120
Cheese cottage	4 ounces	110
Cheese, cottage, skim	4 ounces	90
Cheese, cream	1 ounce	100
Cheese, feta	1 ounce	75
Cheese, process	1 ounce	100
Cheese, ricotta	1 cup	430
Cheese, ricotta, skim	1 cup	340
Cheese, Swiss	1 ounce	105
Cream, coffee	1 tablespoon	29
Cream, half & half	1 tablespoon	20
Cream, heavywhip	1 tablespoon	26
Cream, lightwhip	1 tablespoon	22
Cream, sour	1 tablespoon	25
Egg	1 large	80
Egg white	1 large	15
Egg yolk	1 large	65
Milk, buttermilk	1 cup	100
Milk, skim	1 cup	85
Milk, whole	1 cup	150
Omelet, cheese	2 eggs	260
Yogurt, fruit-flavor	1 cup	230
Yogurt, low-fat	1 cup	127
Yogurt, whole	1 cup	140

## **BREADS, CEREALS, GRAIN PRODUCTS**

- Bagel, plain, 3-inch diameter, one 165
- Cracked-Wheat, one slice 65
- French and Italian, one slice 70
- White Regular-Slice, one slice 65
- Whole-Wheat, one slice 60
  
- Croissant, 4 1/2 X 4 X 1 3/4 inches, plain, one 230
- Frankfurter or hamburger, one 130
  
- Banana Bread, one 150
- Coffeecake one 100
- Cornbread, one 160
- Danish pastry, one 395
- Doughnuts one 165
- English Muffin, plain, one 130
- Pancake, plain, one 90

### **BREAKFAST CEREALS**

- All-Bran, 1 cup 140
- Cheerios, 1 cup 110
- Corn Flakes, 1 cup 110
- Honey Smacks, 1 cup 130
- Nature Valley Granola, 1 cup 520
- Raisin Bran, 1 cup 170
- Rice Krispies, 1 cup 110
- Total, 1 cup 125
- Wheaties, 1 cup 100
  
- Macaroni, cooked, plain, 1 cup 150
- Noodles, cooked, plain, 1 cup 200
- Spaghetti, cooked, plain, 1 cup 150

### **CRACKERS**

- Graham, plain, 2 1/2-inch square, two 55
- Matzo, 6-inch square, one 120
- Saltines, 1 7/8-inch square, two 25
- Whole-Wheat, 1 7/8 X 1 5/8 inches, two 30

## **FRUITS**

- Apples, raw, medium, one 80
- Apricots Raw (about 12 per pound), three 50
- Avocados California varieties, 8 ounces each, one 280
- Bananas, medium, one 105
- Blueberries, 1/2 cup Raw 40
- Cantaloup, raw Medium melon, 1/2 cup 25
- Cherries, 1/2 cup Raw Sour 40
- Cranberry Sauce, 1/2 cup 210
- Dates, dried, pitted, whole, five 115
- Grapefruit Raw, one-half 40
- Grapes, raw, adherent skin (thompson, red flame, tokay, and emperor), 1/2 cup 55
- Melon, 1/2 cup 30
- Oranges, raw, medium, one 60
- Peaches Raw whole, medium, one 40
- Pears Raw, medium, one 100
- Pineapple Raw, diced, 1/2 cup 40

- Plums Raw, medium, one 35 .... Canned, 1/2 cup in juice 75 in heavy syrup 115
- Prunes Dried, cooked, unpitted, 1/2 cup unsweetened 130... sweetened 150... Dried, uncooked, five 85

- Raisins, 1 snack pack, 1/2 ounce (1 1/2 tablespoons) 40
- Raspberries, 1/2 cup Raw 30... Frozen, sweetened 130
- Strawberries, 1/2 cup Raw, sliced 25... Frozen, sweetened, sliced 110
- Tangerines, raw, medium, one 35
- Watermelon, raw Wedge or slice (about 1 1/4 pound piece), one 90... Diced, 1/2 cup 25

#### **FRUIT JUICE** (A 6-fluid ounce serving is 3/4 cup)

- Apple Juice or Cider, 85
- Apricot Nectar, canned, 105
- Cranberry Juice Cocktail, bottled, sweetened, 110
- Grape, 115
- Grapefruit, Fresh 70... Canned Unsweetened 70... Sweetened 85
- Lemon, fresh, canned, or bottled, 1 tablespoon 5
- Lime, fresh, canned, or bottled, 1 tablespoon 5
- Orange, unsweetened, 85
- Pineapple, unsweetened, 105
- Prune, canned or bottled, 135

#### **VEGETABLES ...** (Calories are for cooked vegetables prepared from raw, canned, or frozen.)

- Alfalfa Sprouts, raw, 1/2 cup 5
- Asparagus, 1/2 cup 20 Medium spears, four 15
- Beans, cooked, 1/2 cup Lima (baby or Fordhook) 110... Snap (green or yellow) 25
- Bean Sprouts, mung, 1/2 cup Raw 15... Cooked 30
- Beets, diced or sliced, cooked, 1/2 cup 25
- Broccoli Raw, flowerets, three 10... Cooked chopped, 1/2 cup 25
- Brussels Sprouts, cooked Medium sprouts, four 35... 1/2 cup 30
- Cabbage, 1/2 cup Raw plain, shredded or sliced 10... coleslaw 70... Cooked, shredded 15
- Carrots Raw 7 1/2 X 1 1/8 inches, one 30... shredded, 1/2 cup 25... Cooked, sliced, 1/2 cup 35
- Cauliflower, flowerets Raw, four 10... Cooked, 1/2 cup 20
- Celery Raw, stalk 7 1/2 X 1 1/4 inches, one 5... Cooked, diced, 1/2 cup 10
- Corn, cooked On cob, 5-inch ear, one 80... Kernels, 1/2 cup 90... Cream-style, 1/2 cup 90
- Cucumbers, raw, six to eight slices 10
- Eggplant, cubed, cooked, 1/2 cup 15
- Lettuce, raw Head (iceberg) pieces for salad, 1 cup 5
- Mushrooms Raw one medium 5 pieces, 1/2 cup
- Mustard Greens, chopped, cooked, 1/2 cup 10
- Okra 3-inch pods, fried, eight 115 Cooked, sliced, 1/2 cup 30
- Onions Raw, chopped, 2 tablespoons young green 5
- Peas, green, cooked, 1/2 cup 65
- Peppers, sweet, green or red Raw chopped, 1/2 cup 20
- Potatoes Au Gratin, home-prepared, 1/2 cup 175
  - Baked, 4 3/4 X 2 1/3 inches, flesh and skin, one 220
  - Boiled without skin 2 1/2-inch diameter,
  - French-fried (from frozen), 2- to 3 1/2 inch strips, 10 fried 160
- Pumpkin, canned, 1/2 cup 30
- Radishes, raw, medium, four 5
- Sauerkraut, heated, 1/2 cup 15
- Spinach Raw, pieces for salad, 1 cup 5... Cooked, chopped, 1/2 cup 20
- Squash, 1/2 cup Summer, sliced raw 10... cooked 20... Winter baked, cubed 40... boiled, mashed 45
- Sweet potatoes Baked, 5 X 2 inches, peeled, one 115
- Tomatoes Raw, medium, one 25 ... Tomato Sauce, 1/2 cup 35... Tomato Juice, 6 fluid ounces 30
- Vegetable Juice Cocktail, 6 fluid ounces 35

**DRY BEANS AND PEAS** (For bean mixtures, see Mixed Dishes)

- Baked Beans, canned, 1/2 cup with pork and tomato sauce 155
- Black-Eyed Peas, cooked, drained, 1/2 cup 95
- Chickpeas (garbanzos), cooked, drained, 1/2 cup 150
- Lima, cooked, drained, 1/2 cup 105
- Pinto, cooked, drained, 1/2 cup 95
- Red Kidney, canned with liquid, 1/2 cup 110
- White (Navy (pea), Great Northern), cooked, drained, 1/2 cup 120

**NUTS AND SEEDS**

- Almonds, 1 ounce (about 22) 165
- Cashews, dry-roasted or oil-roasted, 1 ounce (about 18) 160
- Coconut, dried, sweetened, flaked, 2 tablespoons 45
- Mixed Nuts, with peanuts, 1 ounce (about 20 assorted) dry-roasted 165... oil-roasted 175
- Peanuts, dry-roasted or oil-roasted, 1 ounce (about 28 whole) 165
- Peanut Butter, 2 tablespoons 190
- Pecans, 1 ounce (about 20 halves) 185
- Pistachio Nuts, dry-roasted, 1 ounce (about 47) 170
- Sesame Seeds, 1 tablespoon 50
- Sunflower Seeds, roasted, hulled, 1 tablespoon 50
- Walnuts, black, chopped, 1 ounce (about 1/4 cup) 170... English, 1 ounce (about 14 halves) 180

**MEAT, POULTRY** (Serving sizes are cooked, edible part.)

- Corned Beef, canned, 3 ounces (two slices 4 1/2 X 2 1/2 X 1/4 inches) 210
- Ground Beef, broiled, 3 ounces Regular 245 Lean 230 Extra Lean 215
- Oven-Cooked Roast, 3 ounces (two slices 4 1/2 X 2 1/2 X 1/4 inches) Relatively fat cuts, such as rib lean and fat 225
- Pot Roast, braised or simmered, 3 ounces Relatively fat cuts, such as chuck blade lean and fat 330
- Steak, sirloin, broiled, 3 ounces lean and fat 240... lean only 180
- Veal Cutlet, broiled or braised, 3 ounces 185
- Ground Lamb, broiled, 3 ounces 305
- Leg, roasted, 3 ounces lean and fat 235... lean only 160
- PORK
  - Cured Ham, canned, heated, lean and fat, 3 ounces (two slices 4 1/2 X 2 1/2 X 1/4 inches) 160
  - Ham, cured, roasted, 3 ounces lean and fat 205... lean only 135
  - Fresh Loin, roasted, 3 ounces lean and fat 270... lean only 205
  - Loin chop, broiled, 3 ounces of meat lean and fat 290... lean only 215
  - Shoulder (picnic), braised, 3 ounces lean and fat 295... lean only 210

**SAUSAGE AND LUNCHEON MEATS**

- Bacon, cooked, slices, three (20 slices per pound uncooked) 140
- Bologna, 2 ounces (two slices 4 1/2 X 1/8 inches) Beef and Pork 180... Chicken or Turkey 115
- Braunschweiger, 2 ounces (two slices 2 1/2 X 3/8 inches) 205
- Canadian Bacon, cooked, two slices (2 ounces uncooked) 85
- Chicken Roll, light meat, 2 ounces (two slices 4 1/2 X 1/8 inches) 90
- Frankfurter, heated, one (10 per pound unheated) Beef and Pork 150... Chicken or Turkey 110
- Ham, chopped, 2 ounces (two slices 4 X 4 inches) 140
- Pork Sausage Bulk, cooked, one patty (about 2 ounces uncooked) 100
- Salami, 2 ounces (two slices 4 1/2 X 1/8 inches) 140

**ORGAN MEATS**

- Beef Liver, fried, 3 ounces (one piece 6 1/2 X 2 3/8 X 3/8 inches) 185
- Chicken Liver, cooked One liver 45 3 ounces (about four livers) 195

**POULTRY**

- Chicken Fried breast half, one medium 160... flour-coated, meat and skin 215
- batter-dipped or breaded, meat and skin 365
- thigh, one medium 110... flour-coated, meat and skin 160... batter-dipped or breaded, meat and skin

235

- Roasted breast half, one medium meat 140... meat and skin 190 drumstick
- Turkey, roasted, 3 ounces (three slices 3 X 2 X 1/4 inches) 135... light meat and skin 165

**FISH AND SHELLFISH** Clams, canned, drained, 3 ounces (about five to nine medium) 80

- Crabmeat, canned or cooked, 3 ounces (about 2/3 cup) 85
- Cod, breaded, fried, 3 ounces 180
- Fish, battered, fried, 3 ounces 185
- Fish sticks, frozen, reheated, three 175
- Flounder, baked or broiled, 3 ounces 115
- Haddock, baked or broiled, 3 ounces 110
- Ocean perch, breaded, fried, 3 ounces 190
- Oysters, breaded, fried, large, three 155
- Salmon, 3 ounces baked or broiled, red (piece 3 X 1 3/4 X 1 inches) 145
- Sardines, Atlantic, canned in oil, drained, 3 ounces (about seven medium) 175
- Shrimp, 3 ounces canned (about 27 medium) 100... french-fried, five large or eight medium 210
- Tuna, chunk light, drained, 3 ounces (about 1/2 cup) canned in oil 170... canned in water 110

**EGGS**

- Fried, one large 95
- Hard or Soft Cooked, one large 80
- Omelet, plain, one large egg, milk and fat added 105
- Poached, one large 80
- Scrambled in Fat, one large, milk added 105

**MILK, YOGURT, AND CHEESE**

- Whole Milk, 1 cup 150
- Buttermilk, 1 cup 100
- Lowfat, 1 cup 1% fat 105... 2% fat 120
- Skim, 1 cup 85
  
- Condensed, sweetened, undiluted, 1 cup 980
- Evaporated, undiluted, 1 cup Whole 340... Skim 200

**MILK BEVERAGES**

- Chocolate Milk, 1 cup 2% fat 180... Whole 210
- Eggnog, plain, commercial, 1 cup 345
- Malted Milk, prepared from powder with whole milk, 1 cup Natural 210
- Thick Shake, commercially prepared, 10 fluid ounces Chocolate 360... Vanilla 355

**YOGURT**

- Made from Lowfat Milk, 8-ounce container Plain 145... Flavored 195... Fruit Varieties 230  
6-ounce container Flavored 145... Fruit Varieties 175
- Made from Skim Milk, plain 8-ounce container 125
- Made from Whole Milk 8-ounce container Plain 140... Flavored 230... Fruit Varieties 270  
6-ounce container Flavored 170 Fruit Varieties 200

**CHEESE**

- American Process 1-ounce slice 105... 1-inch cube 65... Shredded, 1/2 cup (2 ounces) 210  
Process Cheese Food 1-ounce slice 90... 1-inch cube 55... 1 tablespoon 50... Process cheese spread,  
1 tablespoon 45
- Blue, crumbled, 1/4 cup 120
- Brick 1-ounce slice 105... 1-inch cube 65
- Cheddar 1-ounce 115... 1-inch cube 70... Shredded, 1/2 cup (2 ounces) 225
- Colby 1-ounce slice 110... 1-inch cube 70
- Cottage Cheese, 1/2 cup Creamed (4% fat) 110... Lowfat (2% fat) 100... Dry Curd (less than 1/2%  
fat) 60
- Cream Cheese 1 ounce 100... 1-inch cube 55... 1 tablespoon 50
- Mozzarella, made with whole milk or part skim milk (low moisture) 1 ounce 80.. 1-inch cube 50  
Shredded,

- Parmesan, grated, 1 tablespoon 25
- Swiss, natural 1-ounce slice 105... 1-inch cube 55... Shredded, 1/2 cup (2 ounces) 210
- Swiss, process 1-ounce slice 95... 1-inch cube 60... Shredded, 1/2 cup (2 ounces) 185

### **MIXED DISHES AND FAST FOOD ENTREES**

- Bean Salad, sweet-sour dressing, 1 cup 140
- Beef and Vegetable Stew, 1 cup 175
- Chili with Beans, 1 cup 305
- Egg Roll, with meat, one 120
- Fried Rice, with meat, 1 cup 290
- Lasagna, piece 2 1/2 X 4 inches 1/6 of 8-inch square 330
- Macaroni and Cheese, 1 cup 515
- Potpie, frozen, baked, 8 ounces Beef 540... Chicken 495
- Quiche Lorraine, 1/8 of 8-inch quiche 470
- Spaghetti in Tomato Sauce with Cheese, 1 cup 155
- Spaghetti with Meat Sauce or Meat Balls and Tomato Sauce, 1 cup 310

### **FAST FOOD ENTREES**

- Breakfast Sandwich (egg, cheese, canadian bacon, english muffin), one 385
- Cheeseburger, with catsup, mustard, lettuce, tomatoes, pickles, and/or onions 2-ounce patty (before cooking) 360      4-ounce patty (before cooking) 565
- Enchilada, with beef and cheese, one 325
- Fish Sandwich, with 1 3/4-ounce fried fish fillet, tartar sauce, and cheese 525
- Hamburger Sandwich with catsup, mustard, lettuce, tomatoes, pickles, and/or onions 2-ounce patty 280  
4-ounce patty 510... double meat patty 540
- Pizza, 1/8 of 15-inch-diameter pizza Cheese 255... Pepperoni 325
- Roast Beef Sandwich, 2 1/2 ounces meat, w/o condiments 345
- Taco, meat, one Small 370... Large 570

### **SOUPS**

**CANNED SOUPS** (Canned, condensed, prepared with equal volume of water unless otherwise stated.)

- Bean with Bacon, 1 cup 170
- Beef Bouillon, broth, or consommé, 1 cup 15
- Beef Noodle, 1 cup 85
- Chicken Broth, 1 cup 40
- Chicken Noodle, 1 cup 75
- Chicken Rice, 1 cup 60
- Clam Chowder, 1 cup Manhattan-Style 80... New-England-Style prepared with water 95  
prepared with skim milk 130... prepared with whole milk 165
- Cream of Broccoli, 1 cup 235
- Cream of Chicken, 1 cup prepared with water 115... prepared with skim milk 160... prepared with whole milk 190
- Cream of Mushroom, 1 cup prepared with water 130... prepared with skim milk 170... prepared with whole milk 205
- Minestrone, 1 cup 80
- Pea, 1 cup Green 165... Split, with ham 195
- Tomato, 1 cup prepared with water 85... prepared with skim milk 130... prepared with whole milk 160
- Vegetable, 1 cup with beef, chicken, or turkey 80... vegetarian 70

**DEHYDRATED SOUPS** (One packet, prepared with 6 fluid ounces of water.)

- Chicken Noodle 35
- Onion 25
- Tomato Vegetable 55

### **DESSERTS, SNACK FOODS, AND CANDY**

## **CAKES**

- Angelfood Cake, without frosting, 1/16 of 10-inch tube cake 145
- Boston Cream Pie, 1/12 of 8-inch round cake 225
- Carrot Cake, with cream cheese frosting, 1/16 of tube cake 340
- Cheesecake, 1/12 of 9-inch round cake 405
- Devil's-Food or Chocolate Cake, with chocolate frosting 1/16 of 8- or 9-inch round 2-layer cake 285
- Fruitcake, dark, 1/32 of 7-inch round cake 165
- Gingerbread, 1/9 of 8-inch square cake 240
- Pound Cake, without frosting, 1/16 of loaf 9 X 5 X 3 inches 220
- Cupcakes, with frosting, 2 3/4-inch diameter Chocolate 155... Not chocolate 170
- Sponge Cake, without frosting, 1/16 of 10-inch tube 145
- Yellow Cake without frosting, 1/16 of bundt or tube cake 190... with chocolate frosting, 1/16 cake 290

## **COOKIES AND BARS**

- Brownie, with nuts, 2-inch square, one without frosting 130... with frosting 175
- Chocolate Chip Cookie, 2-inch diameter, one 50
- Fig Bar, 1 1/2-inch square, one 55
- Oatmeal Cookie, with raisins, 2 5/8-inch diameter, one 60
- Peanut Butter Cookie, 2 5/8-inch diameter, one 80
- Sugar Cookie, 2 1/2-inch diameter, one 70
- Vanilla Wafer, 1 3/4-inch diameter, one 20

## **PIES**

- One-Crust Pies, 1/8 of 9-inch pie Chocolate Cream 405  
Custard 285... Lemon Meringue 340... Pecan 485... Pumpkin 330... Strawberry 385
- Two-Crust Pies, 1/8 of 9-inch pie Apple 455... Blueberry 410... Cherry or Peach 405
- Fried Pies Apple 310... Cherry 285

## **MILK-BASED DESSERTS**

- Custard, baked, 1/2 cup 130
- Ice Cream, 1/2 cup Regular (about 10% fat) 135... Rich (about 16% fat) 175
- Ice Milk, 1/2 cup Hardened 95... Soft Serve 115
- Puddings, 1/2 cup Chocolate instant 160... Chocolate Mousse 190... Rice 160... Tapioca 130...  
Vanilla instant 150
- Sherbet, 1/2 cup 135
- Yogurt, frozen, 1/2 cup 105

## **OTHER DESSERTS**

- Fruit Juice Bars, frozen, 2 1/2 fluid ounces 70
- Gelatin Dessert, prepared, plain, 1/2 cup 70
- Popsicle, 3-fluid-ounce size 70

## **SNACK FOODS**

- Cheese Curls or Puffs 10 pieces 85... 1-ounce package 160
- Corn Chips 10 chips 95... 1-ounce package 150
- Popcorn, 1 cup Air-popped 30 Popped in vegetable oil 65
- Pork Rinds, deep-fried, 1 ounce (about 1 cup) 150
- Potato Chips, regular 10 chips 105... 1-ounce package 145
- Pretzels Dutch, twisted, 2 3/4 X 2 5/8 inches, one 60... Soft, twisted, one 190

## **CANDY**

- Caramels, 1 ounce (about three pieces) Chocolate 85... Plain 110... Tootsie Roll, 1 1/4-ounce roll 140
- Chocolate, sweetened Candy-coated, 10 pieces plain 35  
Milk bar (about 1 1/2-ounce bar) plain 245... with almonds 235... with rice cereal 215
- Fruit Leather, 1 ounce 80
- Fudge, vanilla or chocolate, 1 ounce Plain 110... With Nuts 120

- Granola Bar (about 1 1/2 ounces), one Oats, raisins, coconut 195... Oats, peanuts, wheat germ 205
- Gum Drops, 1 ounce (about 8 pieces) 95
- Hard Candy, 1 ounce (about 5 pieces or 2 lollipops) 105
- Jelly Beans, 1 ounce (10 pieces about 3/4 X 1/2 inch) 95
- Licorice Bite Size, 1/4 cup 170
- Marshmallows, 1 ounce (about 1 1/8-inch diameter) about four 90

#### **SUGARS, SYRUPS, JAMS, AND JELLIES**

- Chocolate Syrup, 1 tablespoon Thin type 40 Fudge type 70
- Honey, 1 tablespoon 65
- Jams and Preservatives, 1 tablespoon 55
- Jellies, 1 tablespoon 50
- Sugar, granulated or brown, 1 tablespoon 50
- Table Syrup, 1 tablespoon 55

#### **BEVERAGES** (Milk beverages and juices are in the Milk, Vegetable, and Fruit sections.)

##### **CARBONATED BEVERAGES**

- Club Soda, 12-ounce can 0
- Cola-Type, 12-ounce can Regular 150... Diet 5
- Fruit-Flavored, 12-ounce can Regular 150... Diet 0
- Ginger Ale, 12-ounce can Regular 125... Diet 0
- Root Beer, 12-ounce can Regular 150... Diet 0

##### **COFFEE AND TEA**

- Coffee and Tea, brewed or instant, unsweetened, 6-fluid-ounce cup Trace
- Tea, instant, presweetened mix, 8 fluid ounces Regular 25... Low Calorie 5

##### **ALCOHOLIC BEVERAGES**

- Beer, 12-ounce can or bottle Regular 150... Light 100
- Gin, Rum, Vodka, Scotch, or Bourbon, 1 1/2-fluid-ounce jigger 105
- Wines Table, red or white, 5-fluid-ounce glass 100

#### **FATS, OILS, CREAMS, CONDIMENTS**

- Butter or Stick Margarine 1 teaspoon or 1 pat 35... 1 tablespoon 100... Diet 15
- Table Spread, 1 teaspoon 25
- Oil, 1 tablespoon 120
- Salad Dressings, commercial, 1 tablespoon Regular blue or Roquefort cheese 75.. buttermilk 55... creamy-type 70 french 65... italian 70... mayonnaise 100... russian 75... thousand island 60 Low-Calorie french 20... italian 15... mayonnaise 35... mayonnaise-type 35... thousand island 25

##### **CREAM**

- Half-and-Half (milk and cream), 1 tablespoon 20
- Light, coffee or table, 1 tablespoon 30
- Sour, 1 tablespoon 30
- Whipped, pressurized, 2 tablespoons 20

##### **CONDIMENTS**

- Barbecue Sauce, 1 tablespoon 10
- Catsup, 1 tablespoon 20
- Gravy, 2 tablespoons Meat or Poultry 20... Mushroom 10
- Horseradish, 1 tablespoon 5
- Mustard, prepared, yellow, 1 teaspoon 5
- Olives, canned Green, stuffed or with pits, four small or three large 15
- Pickles Dill, 3 3/4 inches long, one 5
- Relish, sweet, finely chopped, 1 tablespoon 20
- Soy Sauce, 1 tablespoon 10

- Steak Sauce, 1 tablespoon 10
- Tartar Sauce, 1 tablespoon 75

## **LOW FAT/LOW CALORIE SHOPPING LIST**

- Fat free or low fat milk, yogurt, cheese, and cottage cheese
- Light or diet margarine
- Eggs/Egg substitutes
- Sandwich breads, bagels, pita bread, English muffins
- Soft corn tortillas, low fat flour tortillas
- Low fat, low sodium crackers
- Plain cereal, dry or cooked
- Rice, pasta
- White meat chicken or turkey (remove skin)
- Fish and shellfish (not battered)
- Beef: round, sirloin, chuck arm, loin and extra lean ground beef
- Pork: leg, shoulder, tenderloin
- Dry beans and peas
- Low fat or nonfat salad dressings
- Mustard and catsup
- Jam, jelly, or honey
- Herbs and spices
- Salsa
- Fruit

## Food Diary

Use this page to record what you eat and when. Most experts say you need to keep your first food diary for at least three consecutive days before you can really get an idea of what your diet is normally like and what your problem areas are. If you have found that you tend to eat in response to emotions, when you are not hungry, please complete the special emotional/binge eaters' section.

**Date:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_

### **Breakfast**

Time: \_\_\_\_\_

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Beverage: \_\_\_\_\_

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### **Lunch**

Time: \_\_\_\_\_

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Beverage: \_\_\_\_\_

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### **Dinner**

Time: \_\_\_\_\_

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Beverage: \_\_\_\_\_

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### **Snacks**

Time: \_\_\_\_\_

Time: \_\_\_\_\_

Time: \_\_\_\_\_

Did you find any meal in particular to be a problem area? If so, which foods can you exchange for a healthier alternative? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Special Section for emotional/binge eaters:**

Did you eat anything today when you weren't hungry? What were you feeling before you ate it? After?

Before: \_\_\_\_\_

After: \_\_\_\_\_

How could you have handled the situation and/or your feelings without turning to food?

\_\_\_\_\_

List at least one alternative activity you will use tomorrow instead of eating in response to feelings:

\_\_\_\_\_

\_\_\_\_\_